



VOICES OF GRIEF
Support and Education Center

SPRING 2023

GRIEF SUPPORT & EDUCATION GROUPS

UNDERSTANDING YOUR GRIEF

This eight-week support and education group offers compassionate, companioning support as we work through the book, *Understanding your Grief* by Dr. Alan Wolfelt.

Registration cost: \$80 (includes all group material). Please register by April 7.

TWO GROUP OPTIONS

- **Tuesday mornings, April 11–May 30, 10 am–noon**
Meeting at Humana, 5310 N. Nevada Ave, 80918 (Costco Center)
- **Wednesday evenings, April 12–May 31, 6–8pm**
Meeting at First United Methodist Church, 420 N. Nevada Ave, 80903

FACING THE MOURNING

This six-week support and education group invites you to participate in activities that provide a meaningful framework to process your grief within a safe community for reflecting on your experience.

Registration cost: \$60 (includes all group material). Please register by April 7.

- **Tuesday evenings, April 11–May 16, 6-8pm,**
Meeting at Aspen Trail Retirement Resort, 5455 New Car Dr, 80923

If finances are a challenge at this time, limited scholarships are available.
For information or to register, please contact one of our group facilitators:
Kathy Sparnins: 719-659-0447; kathy.sparnins@voicesofgriefcenter.org
Sarah Lee: 719-505-2257; sarah.lee@voicesofgriefcenter.org

We bereaved are not alone.
We belong to the largest
company in the world—
the company of those who
have known suffering.
Helen Keller, *We Bereaved*



voicesofgriefcenter.org
Our Vision is to create supportive spaces to honor the natural process of grief and to educate our community in healthy expressions of grief and mourning.

Thanks to our community sponsors

